

NAVY ALCOHOL AND DRUG ABUSE PREVENTION (NADAP)

APRIL 2014



ALCOHOL AWARENESS MONTH

April is Alcohol Awareness Month, a time to raise awareness about the health and social problems caused by excessive drinking. This month also offers people an opportunity to evaluate their own drinking and determine if they need to change their habits.

Alcohol-Free Weekend, April 4-6, 2014, is a time when Sailors can abstain from drinking alcoholic beverages for a 72-hour period to demonstrate that alcohol isn't necessary to have a good time. Participants who find it difficult to go without alcohol during this period are urged to talk to their Command DAPA.

National Alcohol Screening Day is held annually on Thursday of the first full week of April. This year's date is 10 April. This day is designated to National raise awareness about alcohol misuse and refers individuals with alcohol problems for further treatment. Thousands of colleges, community-based organizations, and military installations provide the program to the public each year. Take an anonymous alcohol use self-assessment at www.drinkingIQ.org

Remember to utilize the social media messaging to spread the word during the entire month of April. For more social media messages visit www.nadap.navy.mil.

- In honor of Alcohol Awareness Month, don't wait until you've hit rock bottom to get yourself help! If you think you could benefit from treatment, the Navy offers a non-disciplinary self-referral process that allows you to get treatment and remain an active-duty Sailor.
Link: http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/nadap/campaign_events/drinkresponsibly/Pages/TipsforSailors.aspx
- April is National Alcohol Awareness Month. Did you know that 75% of domestic abuse is committed while one or both members are intoxicated? #helpfortodayhopefortomorrow
Learn more at: <http://www.ncadd.org/index.php/for-the-media/press-releases-a-news-articles/318-ncadd-alcohol-awareness-month>
- April 4-6: This weekend is Alcohol Free Weekend. Giving up alcohol for one weekend is a small sacrifice to help the more than 18 million of Americans who suffer from alcohol abuse disorders. #helpfortodayhopefortomorrow @NCADDnational
Link: <http://www.ncadd.org/index.php/for-the-media/press-releases-a-news-articles/318-ncadd-alcohol-awareness-month>

IN THIS ISSUE

- 1 ALCOHOL AWARENESS MONTH
- 2 LOSING CONTROL
- 2 NADAP WEBINARS
- 3 KEEP WHAT YOU'VE EARNED MATERIALS AT NLL
- 4 WHERE TO TURN FOR HELP
- 5 SENIOR CHIEF GETS HELP THROUGH NAVY'S SELF-REFERRAL PROGRAM
- 6 THE KEEP WHAT YOU'VE EARNED NEW MOBILE GAME
- 7 ADMITS UPDATE
- 7 D.E.F.Y. UPDATE
- 8 GOT DRUGS? APRIL 26 IS THE NATIONAL TAKE-BACK INITIATIVE

LOSING CONTROL

ONE SAILOR'S STRUGGLE WITH ALCOHOL ABUSE

18 February 2014

By Mass Communication Specialist 2nd Class Jonathan Pankau

My mother kicked me out of the house after an arrest and countless teary-eyed conversations at the family table concerning my drinking. Drunk and homeless, I suddenly found myself sitting across from a Navy recruiter, one of the only smart decisions I made during that period of my life. He described the Navy in grand terms, gesturing in sweeping motions with his hands and arms, which were accentuated by the colorful tattoos serving as a visual history of his Navy career.

He described Tokyo, Singapore, Italy, and oh the places I could go! I was enchanted with the idea and he placed me under the wing of a senior chief culinary specialist. I think the only reason he pushed me through was my high ASVAB score. Suffering from the delusion that the Navy would solve all of my problems and the promise that I would be allowed to write news stories as a career, I took the oath. I had it half right.

Drinking was so ingrained in my daily life that I carried it with me into the Navy. My father was diagnosed with liver and pancreatic cancer, a death sentence at the time,

When I was 12. He battled it for about two years until he passed away in 2001. One would think after watching a close family member wither away, his body eaten up from aggressive chemotherapy and a more aggressive cancer, I wouldn't pick up the torch. Normal people would probably shy away from drinking or at least treat booze with a healthy respect. Guys like me start drinking after that. I used his death as an excuse to drink exactly the way I wanted to: uncontrollably.

The Navy didn't cause my alcohol abuse. I brought it with me. No Sailor initiated my alcohol abuse, no overbearing chief or leading petty officer, no long deployments or crazy working hours.

Sometimes I could drink a couple of beers, play video games, and go to sleep. Other times I would unpredictably black out at the most inopportune times, and the people around me identified this behavior as normal.

The Navy didn't cause my alcohol abuse. I brought it with me. No Sailor initiated my alcohol abuse, no overbearing chief or leading petty officer, no long deployments or crazy working hours. I would tell everyone that these were the things that set me off and made me drink. Truthfully, beer and liquor just had to be present to set me off. Alcohol already ran my life prior to me joining. I just lied to myself and maintained that lie in front of others.

Authority figures started sitting me down and talking to me about my drinking and encouraged me to talk to the ship's drug and alcohol program advisor (DAPA). A normal person would equate these conversations with the same conversations spent at the family table with a teary-eyed mother sitting across from me. But I was too far-gone. When my mother died, that was it, the last push I needed to justify my behavior.

NADAP WEBINARS

All webinars begin at 1300-1400 (CDT). An additional webinar is available at 1700 (CDT)

Click the link below to join the webinar.

<https://connect.dco.dod.mil/nadapwebinar1/>

If you do not already have a Defense Connect Online (DCO) account, we would strongly recommend creating an account prior to the event. To setup a DCO account, visit <https://www.dco.dod.mil/> and select "register" at the top left hand corner of the page.

WEBINAR SCHEDULE

Date	Subject
3 APR	What is a DAPA?
15 MAY	Keep What You've Earned and Alcohol Awareness Month
5 JUN	Urinalysis Compliance Reporting
26 JUN	Positive Urinalysis Determination

LOSING CONTROL CONTINUED

A DUI and a brig stint were among my first eye-opening experiences. Real consequences resulting from my drinking and my behavior finally caught up with me.

Deployment was a painfully polarizing experience for me. At first I welcomed the chance to sober up and clear my head. Eventually the separation of alcohol and I evolved into a bitter spat ending on terms of attrition rather than choice. Though I did not make the connection at the time, I was so dependent upon alcohol that staying sober for a significant period of time was uncomfortable for me. I had two glasses of wine in Florence, Italy, and I used the fact that I did not spontaneously combust to justify more drinking. This new bender coupled with the recent memory of my DUI cleared the path for me to take the Substance Abuse Rehabilitation Program (SARP) seriously.

Prior to SARP I thought people who stopped drinking were either prudes or just weak minded. I learned it takes a concerted effort to end up in a substance abuse treatment center, and that there were men and women who could not control their drinking, no matter how much effort they applied.

Apparently, I was one of the special few. My age, the amount of alcohol I drank during binges, even the length of my drinking career had very little to do with my condition.

Fortunately SARP had certain tools they deployed for cases like mine, and I realized I was not such a hopeless case anymore. I continued following the plan outlined for me and soon I was a triple-warfare qualified Sailor. I received early promotion evaluations from my chief aboard Nassau; evaluations that in the past had been ripped up after an inevitable screw up. My wife, the same girlfriend who stood by me through the series of drunken outbursts related to my mother's death, was soon pregnant and happy about it. She was confident in my ability to be a father, and we are now expecting another baby in April. At my current command I serve as my division's leading petty officer as a second class petty officer, training my first class replacement. I am an assistant command fitness leader (ACFL) and assistant command fitness leader (ACFL) and the president of my command's Coalition of Sailors Against Destructive Decision's chapter (CSADD.)

I owe SARP and the Navy a debt and this is how I try to repay it. Because of my new way of life, I can be a warning and an example to Sailors currently struggling with drinking. My only hope is that my story will shed light on someone else's torment with alcohol.

To read the full article visit:

http://www.navy.mil/ah_online/ftStory.asp?issue=3&id=79189

KEEP WHAT YOU'VE EARNED MATERIALS AT NLL

Posters and Fact sheets are available for order through the Navy Logistics Library. Supply personnel must order them via

<https://nll2.ahf.nmci.navy.mil/>
Multiple print products, social media messaging, leadership talking points, and videos are available for download at www.nadap.navy.mil.

Title	Publication Number
Seabee Poster	NAVPERS 535017
Medical Poster	NAVPERS 535018
Submarine Poster	NAVPERS 535016
Surface Poster	NAVPERS 535015
Aviation Poster	NAVPERS 535014
Sailor's Fact Sheet	NAVPERS 535019
Drink Responsibly Every Time Banner	NAVPERS 535023
Plan Ahead for a Safe Ride Banner	NAVPERS 535022
Keep What You've Earned	NAVPERS 535024
It Wasn't Easy Getting Here Banner	NAVPERS 535021
You've Earned It banner	NAVPERS 535020
Table Tents	NAVPERS 535030
Table Coasters	NAVPERS 535029

WHERE TO TURN FOR HELP

Recognizing that you have a problem with alcohol is the first step in recovery. Reaching out for help takes strength and courage, and it could save your health and your career. By getting help early, you can address your drinking habits before they result in serious consequences.

The Navy reminds all personnel that if a friend or shipmate needs help controlling their drinking, do not wait until they hit rock bottom. Command referrals and self-referrals are means of early intervention in the progression of alcohol abuse where members can obtain help before a problem becomes more advanced and more difficult to resolve without risk of disciplinary action.

A self-referral is initiated by a Sailor who desires counseling or treatment for alcohol abuse. To qualify as a valid self-referral, there can be no credible evidence that an alcohol-related incident has already occurred. For example, you cannot initiate a self-referral after you have been cited for an alcohol-related offense to avoid disciplinary action. Additionally, a self-referral disclosure of alcohol abuse must be made to a qualified referral agent with the intent of acquiring treatment. Disclosure made to any other person who is not a qualified self-referral agent may not prevent disciplinary action.

Some events for which commanding officers are strongly encouraged to consider referral for members are:

- Medical record of alcohol-related involvement
- History of Monday or Friday absences
- History of financial problems
- Domestic disturbance/family concerns
- Peer/co-worker concerns
- History of accidents or mishaps
- History of heavy drinking
- Alcohol-related injury (to self, not due to misconduct)



Qualified self-referral agents include:

- Drug and Alcohol Program Advisors
- Commanding Officers, XO's, OICs, or CMDCMs/Chiefs of the Boat (COB)
- Navy drug and alcohol counselors (or interns)
- Department of Defense medical personnel
- Chaplains
- Fleet and Family Support Center counselors

A command-referral is initiated by the member's chain of command and may be based on any credible factor such as hearsay, personal observation, or noticeable change in job performance. Commanding Officers may refer members of their command for medical screening at a SARP in situations where no offense has been committed and regardless of whether or not the member has personally disclosed their problem.

SENIOR CHIEF GETS HELP THROUGH NAVY'S SELF-REFERRAL PROGRAM

The Keep What You've Earned campaign released its latest testimonial video April 1, capturing the story of a Sailor whose decision to self-refer for alcohol treatment saved his career and his life.

The latest video features Senior Chief Hospital Corpsman Brian Wenzel from the Marine Corps Security Force Regiment in Norfolk, Va. He shares how his struggles with alcoholism led him to seek treatment with the Navy's Substance Abuse Rehabilitation Program (SARP).



For the majority of his career in the Navy, Wenzel thought heavy drinking and blacking out was the definition of a "successful night." After years of living life as an alcoholic, Wenzel finally got a wakeup call one day after seeing the disease's effect on his marriage and his family.

"The final straw was yelling at my ex-wife and seeing my daughter put her hands over her ears begging us to stop," said Wenzel. "I realized that if I kept drinking the way I was, something bad was going to happen."

In the newly released video, Wenzel explains how he was afraid that seeking treatment would get him kicked out of the Navy. In reality, he received tremendous support from his supervisors from the moment he walked into his Sargent Major's office and told him he needed help.

"Which one is worse? You referring yourself to get help, or you getting an alcohol incident (such as a DUI), killing somebody, or even worse, your life comes to an end," said Wenzel.

Thanks to the treatment he received through SARP, Wenzel recently celebrated his two-year anniversary of being sober. Today he has a better relationship with his kids and aspires to becoming a Master Chief someday. He attributes the continued success in his sobriety and keeping what he's earned to his incredible support network within the Navy and within his family.

"We work really hard for where we're at," said Wenzel. "Why would you risk losing what you have? It doesn't make any sense to me now looking back on it."

If you think you could benefit from treatment, the Navy offers a non-disciplinary self-referral process that allows you to get treatment and remain an active-duty Sailor. During 2011, 732 Sailors self-referred. In 2012, 837 Sailors sought help for alcohol abuse. Don't wait until you've hit rock bottom or are in administrative processing for separation from the Navy to get yourself help.

"We want Sailors to understand that self-referral is the best option for getting help with alcohol or substance abuse issues," said Dorice Favorite, director of the Navy Alcohol and Drug Abuse Prevention Office. "When Sailors get help via self-referral or through the help of their command, neither results in any disciplinary action. It's a sign of strength and can ultimately save a Sailor from losing their career, or worse, their life."

Wenzel's testimonial is part of the Keep What You've Earned video series. Each testimonial reminds Sailors of the importance of drinking responsibly and keeping what you've earned. You can watch all the Keep What You've Earned videos at www.youtube.com/user/NavyNADAP.

THE KEEP WHAT YOU'VE EARNED NEW MOBILE GAME

We're excited to announce the launch of the Navy's first mobile game developed just for Sailors—"Pier Pressure." Developed as part of the Keep What You've Earned campaign, "Pier Pressure" was designed to promote responsible drinking among Sailors by incorporating real-life choices in an entertaining work-and-play scenario. The app also enables Sailors to have important alcohol-related resources at their fingertips 24/7, including a blood alcohol content (BAC) calculator and local taxi search.



Help promote the mobile game through your social media channels. Feel free to use bits and pieces or adjust the messages to meet the needs of your audiences:

- Download the Navy's first mobile game developed just for Sailors: "Pier Pressure!" Do you have what it takes to fulfill your Navy mission? Prove it and watch as you move up the ranks. But don't let a night out with friends get you sidetracked. Will you earn rank... or a reputation? #PierPressure
- Download Pier Pressure to access alcohol-related resources 24/7, including a blood alcohol content (BAC) calculator and local taxi search. Available for Apple and Android devices. #PierPressure
- Want something to pass the time when you're bored? Check out the Navy's new mobile game, "Pier Pressure." Visit your iTunes or Google Play app store to download now, and post your high score in the comments below! #PierPressure
- Looking for a little friendly competition? Download the Navy's new mobile app, "Pier Pressure," and host a competition within your barracks to see who can get the highest score over the weekend. Don't forget to let us know who wins on Monday!

GET A PREVIEW OF THE APP BY WATCHING THE VIDEO TRAILERS BELOW:

- Pier Pressure: Games Trailer
- Pier Pressure: Tools Trailer

APP STORE LINKS:

Apple iTunes: <https://itunes.apple.com/us/app/pier-pressure/id816367909?ls=1&mt=8>

Google Play: <https://play.google.com/store/apps/details?id=com.KWYE.PierPressure>

Join us in promoting this exciting game to help increase responsible drinking. You can find more information on how to promote the mobile app here: http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/nadap/campaign_events/drinkresponsibly/Pages/PierPressure.aspx

ADMITS UPDATE

The Alcohol and Drug Management Information Tracking System (ADMITS) has been unavailable since September 2013 due to system upgrades. Fleet users cannot access the system; ADMITS staff members have some limited access. The following frequently asked questions have been developed to help during this system outage:

Q: How can I get an ADMITS account? I submitted an ADMITS request form but have not received access yet?

A: NADAP is unable to process ADMITS request forms while the system is down; however, once the system is restored, account request forms will be processed in the order that they were received. You will be notified by email when your request has been processed.

Q: How do I submit an initial DAAR or amend an existing DAAR?

A: While access to ADMITS is unavailable, commands should document all drug and alcohol incidents and referrals using a paper DAAR form. When signed by your Commanding Officer, this form is sufficient to refer the member for screening at a Substance Abuse Rehabilitation Program (SARP) and should be included as a part of the screening package. DAPAs should maintain a copy of this paper DAAR form in the DAPA file. Once ADMITS has been restored commands will be required to document all previously identified drug and alcohol incidents and referrals via the web-based DAAR form in ADMITS.

Q: How do I have a record check done for a service member?

A: Upon request NADAP will conduct record checks for commands that are seeking to send members for screening and/or treatment or recommendations for special programs. This request must be initiated by the command DAPA and sent digitally signed and encrypted to mark.d.narduzzi@navy.mil. Include the member's full name and full SSN. Please allow 2-3 business days for processing of the request.

Programmers are working to restore the system. In an effort to restore the system sooner, the initial rollout will have limited capability. This "light" version of ADMITS will allow users to conduct record checks, submit DAARs, and check the status of previous DAAR submissions. A full version of ADMITS with increased capabilities will follow.



On March 19 - 20, 2014, the DEFY Program Office sponsored the 2014 DEFY Train-the-Trainer (TTT) event. Key staff from local programs attended the event, which is designed to provide information critical to operating an effective local DEFY program, but also to enable those key staff members to conduct appropriate local staff training. 48 DEFY volunteers, from programs as far as Naval Air Station Sigonella and Commander, Fleet Activities Okinawa attended the training event. RDML Sean S. Buck, Director of the Twenty-First Century Sailor Office, addressed the group and highlighted how important DEFY was to ensuring the resiliency of Sailors and their families. The TTT event marks the official start of the DEFY program year. Local programs across the globe will begin recruiting youth and staff in the next month.



GOT DRUGS? APRIL 26 IS THE NATIONAL TAKE-BACK INITIATIVE

This April 26th, from 10 am to 2pm, the Drug Enforcement Agency (DEA) is asking Americans to empty their medicine cabinets of unwanted, unused and expired prescription drugs and bring them to a Prescription Drug Take-Back Day collection site.

The National Prescription Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

According to the 2011 Substance Abuse and Mental Health Services Administration's National Survey on Drug Use and Health (NSDUH), twice as many Americans regularly abused prescription drugs than the number of those who regularly used cocaine, hallucinogens, heroin, and inhalants combined. That same study revealed more than 70 percent of people abusing prescription pain relievers got them through friends or relatives, a statistic that includes raiding the family medicine cabinet.

Old prescription drugs can be brought in to local collection sites located throughout the United States. The service is free and anonymous, no questions asked. To find a collection site in your area visit www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html or contact the Call Center at 1-800-882-9539.

Last year, during the sixth National Prescription Drug Take-Back Day on April 27, 2013, more than 5,829 locations participated and disposal sites collected 742,497 pounds (371 tons) of unneeded medications.

Sailors that have a urinalysis sample that is identified as positive for controlled substances for which they do not have a valid prescription, may be subject to punishment under the Uniform Code of Military Justice and processed for administrative separation from the Navy. Sailors should take the extra precaution to get old prescriptions out of the house. The National Prescription Drug Take-Back Day gives people an easy way to do that.



DISPOSAL IN HOUSEHOLD TRASH

If no medicine take-back program is available in your area, you can also follow these simple steps to dispose of most medicines in the household trash*:

1. Mix medicines (do NOT crush tablets or capsules) with an unpalatable substance such as kitty litter or used coffee grounds;
2. Place the mixture in a container such as a sealed plastic bag
3. Throw the container in your household trash.
4. Before throwing out your empty pill bottle or other empty medicine packaging, remember to scratch out all information on the prescription label to make it unreadable.

* Consumers are advised to check their local laws and ordinances to make sure medicines can legally be disposed of with their household trash.